



2 - Lunch and Learn



6 - Special tree

Brief Notes

Phase One of the Main Base road pavement replacement project is in progress.

Paving work this week is being performed on Oregon Drive, from McDonalds to the corner by Galaxies. This construction area is reduced to one lane traffic from 8 a.m. to 4 p.m. each working day.

Next week, South Carolina Avenue between the Post Office and the NEX Uniform Shop will be under construction.

We remind you to please be attentive to the directions given by the flagmen and follow safe driving practices when driving through areas under construction.

Your patience throughout this construction work is appreciated.

For further information regarding this paving work, contact ROICC at 252-3469.

Stay tuned for weekly updates on which roads are under construction.

The Fleet & Family Support Center is offering a **Babysitter's Certification Class** Tuesday, Dec. 28 from 10 a.m. until 3 p.m. at the FFSC for children 12 years old and older. **This class is required if you wish to babysit for others or you own siblings.** Participants must pre-register. Class size limited to 20 students. Call 252-3108/3604 for more information.

Daito Jusco Flea Market
 Dec. 14 Daito Jusco, Rt. 35, 10 a.m.

USO Notes:

USO Christmas Party at the Harbor View Club Dec 18 at 6 p.m. Tickets are available at Fleet Landing or Nimitz Park for \$25.

We are looking for a volunteer coordinator for our English outreach to Gion Elementary School. This is a rewarding volunteer opportunity and way to give back to our host community. Contact DJ Stanhope at 090-3012-5867 for more details.

Oriental Deco and Michelle Jewelry sale at Kiku Tower Dec. 10-12.

Weather

Sunday Mostly sunny
H 61° L 41°
Monday Mostly sunny
H 59° L 40°

DUI Counter: 34 days as of Dec. 11

Sasebo community, CFAS celebrate holidays with Christmas in the Park

Jeff Johnstone
CFAS Public Affairs

The Sasebo community ushered in the holiday season with Christmas in the Park, a free Christmas festival open to the community Friday, Dec. 3 at Nimitz Park.

The festival, offering fun and games for families and something for everyone, takes on a different theme each year.

"This year's theme was Christmas around the World," said Walter Berkenhire, outdoor recreation manager. "The festival provides entertainment in a safe environment for our guests."

The event featured a number of exciting attractions, including games, arts and crafts and some giant inflatable play areas, provided by Morale, Welfare and Recreation (MWR), for children.

The games were geared towards children including darts, tic-tac-toe and ring toss. Children could redeem prizes for tickets after winning.

A rock climbing wall was a big hit with the children, as kids as young as two-years-old scaled the structure.

Food was provided by Galaxies and the Harbor View Club.

"Everything here is fun," said Jodi Harris, as she watched her daughter Helena playing inside an inflatable house. "We're going back and forth and trying everything," she added.

"I'm having fun, and I want to try the rock-climbing wall," said nine year-old Sam Baker, as he toted a large bag of toys he won from a

raffle.

Tents were set up throughout the park, with everything on sale from Japanese toys to Christmas clips that light up to Spiderman candy.

Live entertainment was on the menu as well.

There were cheerleaders from all three area schools (E.J. King, Darby and Sasebo Elementary) performing and American Forces Network (AFN) set up a live broadcast.

Members of Boy Scout Troop 76 were on hand as well, demonstrating their outdoorsman skills.

"We're building the bonfire in the middle



A two-year-old scales the rock climbing wall at the annual Christmas in the Park Friday, Dec. 3 at Nimitz Park. The event featured fun and games for children of all ages. (Official U.S. Navy Photo by JOSN Jeff Johnstone)



Young children accept candy canes from Frosty the Snowman at Nimitz Park Dec. 3. MWR provided many of the attractions for the event. (Official U.S. Navy Photo by JOSN Jeff Johnstone)

of the field," said Blaine Morin, a Scout on hand for the festivities. "It's going to be a cool effect."

The star of the show, Santa Claus himself, made a trip all the way from the North Pole to visit the Sasebo community.

He arrived as part of a parade on a Commander, Naval Forces Japan (CNFJ) fire truck.

As the parade arrived at Nimitz, onlookers were showered with candy. "Kids can take photos with him and talk to him about their wish lists," said Wayne Newnam.

"We're having a wonderful time," said Elizabeth Baker, Navy College counselor. "This is the closest thing to the North Pole that we've seen yet."

DFAS announces release schedule for tax statements

DFAS Public Affairs

The Defense Finance and Accounting Service (DFAS) has compiled a schedule of dates when service members, military retirees and annuitants, and defense civilian employees can access their tax statements through myPay and when they can anticipate to receive the hardcopy delivery by mail.

Military members, retirees/annuitants and Department of Defense civilian employees will once again have access to view, save and print their tax statements from myPay at <https://mypay.dfas.mil>

DFAS delivers personal pay information and provides the ability to process pay-related transactions in a timely, safe and secure manner for

all its members through myPay. The Web-based system eliminates the risks associated with postal delivery by allowing members to access electronic tax statements and other financial information online. MyPay matches existing industry standards for the highest level of encryption and security. This prevents customer information from being accessed by others on the Internet.

Tax statements will be available as follows:

myPay access

Retired Annual Statement - Dec. 4, 2004
 Retired 1099R - Dec. 13, 2004
 Annuitant Annual Statements — Dec. 13, 2004
 Annuitant 1099R - Dec. 14, 2004
 Air Force, Army, & Navy Reserve W2s - Dec. 27, 2004

Civilian W2s - Jan. 6, 2005
 Marine Corps Active & Reserve W2s - Jan. 10, 2005
 Air Force, Army, & Navy Active W2 - Jan. 14, 2005

Mail Dates

Retired Annual Statement - Dec. 17-29, 2004
 Retired 1099R - Dec. 17-29, 2004
 Annuitant Annual Statements - Dec. 28-29, 2004
 Annuitant 1099R - Dec. 27-29, 2004
 Air Force, Army, & Navy Reserve W2s - Jan. 4-5, 2005
 Civilian W2s - Jan. 10-14, 2005
 Marine Corps Active & Reserve W2s - Jan. 18, 2005
 Air Force, Army, & Navy Active W2 - Jan. 18-24, 2005

Please see Statements...pg. 2

Brown Bag Budget Lunch & Learn served up by NMCRS

JO1(SW) Ron Inman
CFAS Public Affaris

Sasebo's Navy and Marine Corps Relief Society (NMCRS) office held an inaugural Brown Bag Budget Lunch & Learn class at the Community and Education Center's Fellowship Hall Dec. 8.

Free lunches, courtesy of Navy Federal Credit Union, were provided for class attendees.

According to Jessica Grant, NMCRS Sasebo manager, there's more to the class than just the free lunch.

"It's to get people to think about their finances, especially at this time of the

year," Grant said. "Many people are surprised by large post-holiday bills, so we want to empower them to understand their finances and avoid any surprises."

The class included topics such as how to read a Leave and Earnings Statement (LES) and understand it, how to prepare a budget and how to manage and reduce debt.

"LESs can be difficult," Grant said. "I've had seasoned Sailors and Marines coming into my office scratching their heads."

Once students understood how to read their LESs and determine how much money they were earning and how much

was taken out in taxes, allotments and other deductions, the class moved on to budgeting. "It's not the big things that affect your budget," said Grant, "it's the nickel and dime things - it's all about making choices."

Grant said classes which go more in depth on financial topics may be offered. For more information, call NMCRS at 252-3366.



The NMCRS Sasebo Manager, (right) answers questions at Brown Bag Budget Lunch & Learn, held Dec. 8. (Released by CFAS Public Affairs)

Statements...from pg. 1

Statements by mail only

Special Compensation for Severely Disabled 1099Rs - Dec. 17, 2004
VSI/SSB W2s - Jan. 4-5, 2005
Travel W2s - Jan. 10-11, 2005
Savings Deposit 1099INTs -

Jan. 10-11, 2005

"During the months of January, February and March 2004, an average of 1.4 million myPay users viewed their tax statements each month, and we continue to encourage users to view and print their statements on line," said Jim Pitt, director

of Electronic Commerce, DFAS Military and Civilian Pay Services.

"Earlier access to W-2s and other tax statements is another way myPay gives users control of their pay information."

"Check now to make sure you have an active MyPay account," said Lt. Mary G.

Thompson, Navy Legal Service Office (NLSO) Branch Office, Sasebo.

"Otherwise, there could be a significant delay in getting your W-2s. The Tax Center will open on Jan. 31. Call NLSO Sasebo at 252-3347 with questions or if you wish to volunteer."

Safety Corner: Some cooking tips for the holidays

Charles Carr
CFAS Safety Dept.

One of the inevitable tasks during the holidays is cooking. There is nothing like preparing for that big feast. However, many of our traditions, such as leaving food out for hours to snack on, may pose a risk. The CFAS Safety office reminds all:

For Safe Holiday Food: **Thawing a Frozen Turkey** - Don't thaw on the kitchen counter. Thaw in the microwave or refrigerator. **Snacking** - Snacking off the turkey is fine, but don't leave it out more than 2 hours. **Leftovers** - To speed cooling, debone the turkey and refrigerate it in small, shallow containers. **Cooking** - Don't cook turkeys overnight at low temperatures. Cook at 325°F. Cooking at

low temperatures can actually help bacteria grow. **Desserts** - Cook custard to 160°F and refrigerate pies made with eggs. **Eggnog** - Don't use a raw egg recipe. Use commercially prepared, pasteurized eggnog or make your own with cooked custard base.

In the Kitchen Tips

Turn handles inward so pots and pans won't be pulled or knocked off the stove.

Wear short or tight fitting sleeves when cooking. Try not to reach over the stove.

Keep young children away from appliances when cooking. Enforce a "kid-free zone" around the stove and teach youngsters not to play in that area.

Install a fire extinguisher in the kitchen. Make sure it is easily accessible in the event of a grease fire or oven fire. When purchasing a fire extinguisher for kitchen

use, make sure the extinguisher is rated for Class ABC.

Monitor hot oil carefully and heat it slowly, keeping the pan lid close at hand. Guard against splattering grease.

If a fire is confined to a pan on top of the stove, slide the lid across the pan and leave it there. Do not attempt to move the pan outdoors because you may burn yourself or spread the fire.

Never throw water or flour on a burning pan. Water will spread the flames and flour will actually explode!

Do not turn on the exhaust fan on over the stove if a fire should start. This could suck the fire inside the walls of your home. If the fire is in your oven, turn off the heat and leave the door closed to cut off the fire's air supply.

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Deadline for regular submission is Tuesday at Noon. For more information, call 252-3409 or 252-3485. Address all correspondence to:

Sasebo Soundings
PSC 476 Box 93
FPO AP 96322-1100

CFAS Religious Ministries Department 2004 Holiday Schedule of Special Events

In addition to regularly scheduled programs and worship services, the following special events have been set for the 2004 Christmas/New Year Holiday period:

Saturday, Dec. 11

Seibo No Kishi Children's Home Christmas Party
12 p.m., Hario Village Chapel

Sunday, Dec. 12

Festival of 9 Lessons Christmas Service
Joint Roman Catholic & Protestant Service
5 p.m., Community Chapel

Saturday, Dec. 18

Omura Kodomo Children's Home Christmas Party
12 p.m., Community Chapel

Wednesday, Dec. 22

Christmas Caroling at Main Base
6:30 p.m., Community Chapel

Friday, Dec. 24

Christmas Eve Service featuring Seiwa High School Choir
7 p.m., Community Chapel

Christmas Eve Day Mass
10 p.m., Community Chapel

Saturday, Dec. 25

Christmas Day Mass
9 a.m., Community Chapel

Friday, Dec. 31

New Year's Eve Fellowship & Service
10 p.m., Community Chapel

Saturday, Jan. 1

9 a.m., Community Chapel;
5 p.m., Hario Village Chapel



Command Spotlight: FFSC Sasebo

JO1(SW) Ron Inman
CFAS Public Affairs

The primary purpose of Fleet Activities Sasebo’s (CFAS) Fleet and Family Support Center (FFSC) is to facilitate overall self-sufficiency and personal, family and community wellness in a remote overseas environment, and to support commands in achieving optimal operational readiness.

According to FFSC’s mission statement, “FFSC staff members are customer service professionals, dedicated to the constant growth and improvement of each of our program areas. Courage, Honor and Commitment will be our guiding principals in all that we do, as we strive to fulfill our role in ensuring optimal operational readiness of our forward-deployed fleet units, tenant commands and other community members.”

Specific FFSC programs and services include: information and referral, relocation, transition, financial management and spouse employee assistance, education and training, counseling, crisis intervention and personal and family wellness programs for all supported individuals.

A key responsibility of Sasebo’s FFSC is assisting in the acclimation of new arrivals to their tour of duty in Japan, through provision of an Intercultural Relations workshop and related cultural adaptation services.

FFSC Sasebo has a staff of licensed and certified clinical counselors providing individual, marriage, family and group counseling. The staff also offers both stress

and anger management workshops, couples’ communications classes and support groups for divorce/separation and cross-cultural relationships. Counseling personnel also provide shipboard and shore-bound Return and Reunion training, pre-deployment briefings, and various other deployment cycle workshops in support of deploying units. All counseling services are conducted with the utmost confidentiality, in keeping with regulatory limitations, which will be outlined prior to commencing any counseling.

According to Elaine Horrell, FFSC Sasebo’s chief of clinical services, the office has three primary methods of assisting customers - contacts, classes and cases.

Contacts are just that - contact with the customer, at which time brief, solution-focused information or referrals to FFSC Sasebo professionals are provided.

Classes on a variety of topics, varying in length from one hour to five days, are provided and can be based on standard curriculum or created for specific needs that arise.


Cases, or counseling for mental health, relocation, transition or other topics is also available.

“We’re really fortunate to have a good working relationship with CFAS commands and ships,” Horrell said.

“FFSC has had a solid track record for 25 years,” Horrell continued. “In the dozen years that I’ve worked with FFSC, they’ve always been a group of hard-working professionals. Our goal is that everyone knows what our services are and can take advantage of them.”

The following information is provided by FFSC Sasebo to assist parents in helping their children cope with the challenges of a deployment. For more information, contact the FFSC at 252-3604.

STRATEGIES *for* HELPING CHILDREN WITH DEPLOYMENT



Deployments are a fact of life for military families. Children will all react to the separation in different ways. Following are some tips to assist parents.

- ❖ Expect regression, changes, and stress due to separation.
- ❖ Talk about your child’s feelings and allow him or her to do the same. Accept those feelings even though they may be very different from your own.
- ❖ Encourage your children to talk. Let them share options, suggestions, and solutions for problems. Encourage them to express anger verbally, not physically.
- ❖ Provide additional adult relationships for your children, which may include grandparents, neighbors, friends, teachers, religious leaders, coaches, scout leaders, etc.
- ❖ Inform your child’s teachers/guidance counselors about the deployment so they are better able to provide assistance to the child if necessary. Ask if there is a deployment support group available in the school. FFSC staff can help start one if requested.
- ❖ Remember, a picture is worth a thousand words. Children learn their coping skills from those around them. How well you cope with the deployment will have a significant influence on how your children will react.
- ❖ Take care of yourself. You need to eat well, get sufficient rest and exercise, and spend time doing things you enjoy. If you don’t take care of yourself, you won’t be able to care for your children.

- ❖ Remember that you are the “expert” on your child. You know what is normal behavior for her/him and will be the best one to notice when things are out of sync.
- ❖ Reassure your children often that they are loved by those at home and by their deployed parent. Give lots of hugs.
- ❖ As appropriate, be honest with your children. Trying to hide things from them will only lead them to imagine the situation is much worse than it really is.
- ❖ Understand your child’s level of development. Know what is normal behavior for your child’s age. Be aware of changes and seek assistance early.
- ❖ Listen to your children and help to clear up any misunderstandings they may have (Mom/Dad does get to eat and sleep even though their bed/refrigerator is at home!). Be with your child when watching/reading news so you can answer questions. In times of crisis, limit their exposure to media so that it does not increase their anxiety.

Profile:



Indoctrination Class Instructor

Hometown...Sasebo, Japan

What is your favorite thing about Sasebo?

The beautiful nature (especially the 99 Islands) and small but tasty oysters

What hobbies do you have?

Drawing cartoons and watching Japanese movies dubbed in English

Who do you consider to be your role model?

My parents and Mr. Akashi (former ambassador to the United Nations)

What are your personal goals?

I would like to work for the United Nations someday

What motivates you?

Laughter

What is the one thing you can't stand?

I can't stand when no one laughs at my best joke

What do people not know about you?

I can't ride a bicycle, but I can swim very well

What is your most embarrassing moment?

When I 'cut cheese' during a test in a quiet classroom

What is your favorite movie?

Do I have to pick just one? It could be 'The Last Samurai', 'Shrek' or 'Shrek 2'

If you could have dinner with three people, living or dead, who would they be?

Prince Shotoku (ancient politician, very wise like Yoda), Abe-no-Seimei (Onmyoji, a famous astrologer and sorcerer), and Donkey (well, he is not a person, though) from 'Shrek'

If you could bring one thing with you on a deserted island, what would it be?

A notepad. I can jot down new jokes that I can think of, but water may be the best answer

USS Juneau holds change-of-command in Oman

Ens. Jesus Rodriguez
USS Juneau Public Affairs

After nineteen successful months, Capt. Kevin E. O'Flaherty was relieved as commanding officer of USS Juneau (LPD 10) by Capt. Ron Horton Dec. 1 during a change-of-ceremony in Muscat, Oman.

Horton, an officer with 22 years experience comes from USS Abraham Lincoln (CVN 72), where he served as executive officer and, as luck would have it, a job where he also relieved O'Flaherty. Accidentally or coincidentally, they met again under similar circumstances.

At the ceremony O'Flaherty, who took command of Juneau in May 2003, spoke to the crew about their accomplishments during his tour as commanding officer. "It seemed just like yesterday when I was given the privilege of command back in May, in which I talked about a couple of goals," he said.

"One goal was to build a sense of ownership for every single Sailor on this ship. This is your ship, your department, your spaces, your equipment and it's your responsibility: to take positive action at all levels of the chain of command, and to identify and repair literally everything you own.

The greatly improved condition of the ship was evident during the Board of Inspection Survey (INSURV) back in December 2003 and is still on an upward trend today. The American public entrusted this great warship to your care and you have made them truly proud of your efforts. Another goal is professional excellence and personal growth. I found deck leaders in every department. There are deckplate leaders all over the ship!"

In the ceremony, O'Flaherty recognized two junior deck plate leaders; to their surprise, they were promoted on

the spot via the Command Advancement Program: Seaman Daniel Wauters was promoted to Boatwain's Mate Third Class and Machinist's Mate Third Class Joseph Doolittle was promoted to Machinist's Mate Second Class.

O'Flaherty closed with a message of thanks to every



The new USS Juneau (LPD 10) commanding officer addresses Juneau Sailors during a change-of-command ceremony Wednesday, Dec. 1 in Muscat, Oman. (Photo released by CFAS Public Affairs)

Sailor serving under his command.

"I am truly proud of your dedication and what you have done in this mature warship. The challenges you

have faced and overcome the actual operations you have accomplished, are all truly remarkable. What you continue to do on Juneau everyday in this Global War on Terrorism is vitally important for the future success of our nation, whether you realize it or not you are the front line of this war, what you do really matters."

"It's over way too soon."

O'Flaherty's next assignment will be Joint Forces Staff College in Norfolk, Va.

Juneau's newest commanding officer, Horton followed as he remarked:

"It's great to be here and a great day to be an American."

Horton expressed to all Sailors that although they've had many successes and many trials over the past year, they should remember that all successes are fleeting and there will be more trials.

"Successes in the past don't mean anything if you don't get better and trials will only repeat themselves if we fail to act and learn from our mistakes."

"I want you to remember that it is the small things that separate the good ships from the great ships. Today I am going to ask you to raise the bar for the future. Today I want you to take this great warship to the next level of excellence."

"It will not be easy but I tell you, we are going to have a lot of fun doing it. I am confident that you will set that high bar, and I am also confident that you are more than ready for the next level."

"We are not an old ship, rather we are a seasoned and experienced warship that is and will remain ready for any challenge and for any foe that decides to cross our bow, and with that, Juneau take in all lines and full speed ahead."

Financial stability important aspect to all Sailors

FLTCM (AW/SW) Jon Thompson
Atlantic Fleet Master Chief Petty Officer

If I gave you \$5 as a gift, how would you spend it? Let's say I gave you \$40 - would you still spend it or would you save it?

If \$40 was added to your paycheck every payday, then what would you do with that extra money?

I hope you've given this some serious thought because starting Jan. 1 every Sailor, regardless of rank, will see their pay increase 3.5%. For a lot of you, that works out to roughly \$20-\$40 each payday. That's right, an extra \$20-\$40 every other week.

So what's that extra money worth to you? By itself, it may not seem like much. Some of you may see it as "extra money," something you don't mind frittering away. But add it up every payday and the amount isn't so small. Over the course of a year that "little extra" can turn into \$450 - \$950. What's that 3.5% pay raise worth to you now?

Normally, a Sailor's income goes up and their spending increases by the same amount. Before they know it, spending eats away at that pay raise, and soon they're living paycheck to paycheck again.

How much did you earn last payday? I'm sure most of you can recall the exact amount. But can you honestly say you know how much of that money was budgeted correctly? Better yet, do you know how much is left to spend before the next pay period? Most of you probably have no idea. Because you don't know, you may be spending upwards of

10% more than you make each month...which is close to the national average. Do you do this? Do you spend more than you make?

Shipmates, here's an excellent opportunity to break the "earn and spend" cycle. Start letting your money work for you instead of against you. I have a couple of recommendations about how to use your pay raise to your financial advantage:

First, hide the raise! You're already used to living on a certain amount - keep it that way.

Years ago my wife and I decided that I would have an "allowance" — money that I draw every two weeks for me to put in my pocket. Now, five years later, I still get the same allowance amount. Every pay increase I've received since then was used for one of three things—saving money, earning money, or paying off debt (more about this last one later). Because that extra money was never part of my spendable income, I never missed it. I doubt you will either.

Second, create or balance your budget. Some people mistakenly believe that because their bills are paid on time they have a budget. This isn't a budget shipmates. It's a recipe for living paycheck

to paycheck. A real budget shows how much is spent for essentials each month, tracks how much debt is owed, and what funds are available for emergencies. A good budget also allots money toward savings and investments. If your budget is lacking any of these necessary items, ask for assistance. Your command's

financial specialist, the Fleet and Family Support Center or your local bank or credit union can help you get started.

Third, start paying down your debt. After you've created a budget, you should be able to determine how much can be applied to your bills on a monthly basis. If you're using charge accounts instead of cash, stop now. By continuing to use charge accounts, you're

only contributing to your debt problem. Use your pay raise to pay off the charge accounts with highest interest rates first. Don't try to "spread" the extra money to several bills at the same time; apply the amount to one bill until it is paid off, then use the extra money toward the next highest interest account, and so on.

Fourth, start a nest egg. Retirement, children's college fund, individual savings account - each are important for fiscal fitness. There are numerous investment



Atlantic Fleet Master Chief

plans that can help you plan for your future. Do a little research and choose a plan that's right for you. The Thrift Savings Plan (TSP) is a very good option worth looking into.

Finally, if you claim zero on your W-4 form, change your withholdings status. If you are single, you should claim one. If you are married and/or have children, you may want to claim two or even three. If you claim zero on your withholdings, in essence you're giving the government an interest-free loan on your money for a full year. Did you know that if your refund was \$1000, you could have increased your take-home pay by more than \$80 a month? If a 25 year-old put that \$80 in a low-risk investment or savings account earning a conservative figure, say 6.9%, by age 63 that individual would have earned well over \$150,000 (before taxes). When it comes to federal taxes, don't withhold more than necessary. Your goal shouldn't be to get a tax refund; it should be to break even.

Shipmates, your financial health is just as important as your physical and mental well-being. Neglect the first and I would argue that the other two are bound to suffer; that's a tip you can take to the bank.

For more information on financial planning, contact the Personal Financial Management Specialist at Sasebo's Fleet and Family Support Center at 252-3121.

The Paws & Claws animal holding facility, located in building 328, is open Monday through Friday from 10 a.m. to 5 p.m. and Saturday and Sunday from 10 a.m. to 4 p.m. For more information about the services available at the Paws & Claws facility, call 252-2905.

People tend to take in more calories during the holiday season and it's always a struggle to burn them off. The folks at the Hario Fitness Center can show you how to increase the calories you burn daily through cardiovascular training and weightlifting. They're hosting a free Calorie Burner Clinic on Tuesday, Dec. 14 at 6 p.m. Lose some of the excess weight you put on over the holidays and get back into shape. You can do it! For more information, call 252-8960.

Comedians Scott White and Mike Merryfield are set to perform live on stage on Tuesday, Dec. 14. The free show is scheduled to begin at 8 p.m. Not recommended for children. Remember, the MWR Designated Driver Program is available for all interested individuals. Simply ask any bartender or a Galaxies employee for details about the program when you arrive. For more information, call 252-2980.

Youngsters ages 7-11 are encouraged to visit the Main Base Library on Wednesday, Dec. 15 from 3-4 p.m. for free Christmas craft tips with the emphasis on creating beautiful origami Christmas cards. The holiday program is co-sponsored by the Sasebo MWR Department and the Fleet & Family Support Center. For more information, call 252-3593.

The Child Development Centers at Main Base and Hario will be happy to watch your children for you at no cost on Friday, Dec. 17 from 6 to 10 p.m. so you can do some 'secret' Christmas shopping. Make your reservations now with the Child Development Center of your choice as space is limited. Registration deadline is Wednesday, Dec. 15, but please do not wait until the last minute. To register for Hario care, call 252-8842. For Main Base care, call 252-2985.

The Spare Time Recreation Center will host another no tap special bowling tournament (18 years or older), on Friday, Dec. 17 starting at 6:30 p.m. The entry fee is \$15 (includes door prizes and giveaways). The tournament will consist of four games of bowling. Highest total pinfall determines the winner and the total number of participants determines the prize money. For more information, call 252-3634.

The Yanagawa Boat Ride and Ohana Garden tour, scheduled for Saturday, Dec. 18, is a great opportunity for you and your family and friends to experience Japan up close and personal. The cost (including transportation and all fees), is \$25 for adults, \$16 for children 6 to 15 and \$8 for youngsters 5 and under. The bus will depart the Harbor View Club at 7:45 a.m. and will be back on base at 7:30 p.m. Bring extra yen, dress for comfort and don't forget your camera. For more information, call 252-3433.

Sign up today for a trip to the Space World Amusement Park in Kitakyushu City, Fukuoka on Saturday, Dec. 24. Space World is a great theme park totally focused on space. They have a wide variety of exciting rides for you to enjoy, from roller coasters to running the rapids, plus a great area for the little ones called 'Lucky Land' with costumed characters from Space World waiting to greet them. The cost (including transportation and a one-day pass) is only \$30 for adults, \$20 for children 4-11 and \$5 for youngsters 3 and under. For more information, call 252-3433.

Betcha didn't know about: **The brick wall piece**

ONE FREE MOVIE!
with the new MWR
CINE-PASS

Receive one stamp
 for each movie
 admission.
 Collect 7 stamps,
 your 8th movie is
FREE!

Cine-Pass
 available for purchase at:
 • Showboat Theater
 • Harjo Theater
 • Travel & Tours Office

ON SALE NOW!

Great Gift Giving Idea!

1. All sales are final. No refunds.
2. Lost cards will not be replaced.
3. This card can be used for multiple admissions.
4. A child's CINE-PASS CARD(s) be used for an adult's admission.
5. Admissions are based on year seating availability.
6. Any card that has been manipulated, altered or is deemed illegible will not be accepted.
7. This card has no expiration date.
8. No cashbacks, refunds, exchanges or credits are allowed in the theater.
9. No outside food or beverages allowed.
10. CINE-PASS is for use at the Showboat & Village Theater.

For more information:
 call 252-2968

Children coping with relocation have needs

Beth Martin
Sasebo Elementary correspondent

With holidays and semester breaks approaching, the E. J. King student body is preparing for a number of family transfers. In addition to the stress and headaches that go along with receiving new orders, packing out, and relocating, your school-aged children feel the stress of leaving friends and the anxiety of starting at a new school. The process of withdrawing, registering, transferring class credits and getting a student headed in the right direction after relocating is called "transitioning."

Department of Defense Dependents Schools (DoDDS) Pacific is constantly taking the necessary steps to meet the unique needs of transitioning school-age students. In a partnership with The Military Child Education Coalition (MCEC), DoDDS school counselors and administrators are trained on issues including understanding military life and transition, school transition programs, life of the military child, deployment and separation, resources and support systems, military culture, and post-secondary planning, and ways to make transitioning easier. Additionally, three years ago, Department of Defense Education Activity (DoDEA) collaborated with MCEC to create 'Chart Your Course:

Planning a Successful Journey through High School and Beyond,' a packet of materials for parents with students in grades seven through 11 that provides tips for moving smoothly from middle school through graduation. Included in the packet are a variety of recommendations and guidelines for sound transition planning.

DoDDS is aware of the challenges that face the military child in transition between schools, and parents should not underestimate the impact that a transition has on their children. DoDEA is working to address the education challenges specific to DoDDS students, but ensuring the well-being and educational success of a child must be a joint effort. If you would like more information about transitioning, or any issues that military dependent children face, please visit the MCEC website at <www.militarychild.org>. This website offers information about schools, military support programs, and what parents can do on their own to make transitioning easier on their children.

If you would like to speak to E. J. King's counselors regarding an upcoming relocation, please feel free to call the Student Affairs office at 252-3072. Ms. Steele or Mr. Victoria will be happy to answer any of your questions or concerns.

Strike up the band!



Soldiers of the Japanese Maritime Self Defense Forces (JMSDF) Band perform during the opening ceremony of an annual Police Safety parade held in Sasebo's Matsuura Information Plaza Dec. 1. (Official U.S. Navy Photograph by: PH3 Ian W. Anderson)

Single Sailor Party Dec. 23

The Sasebo Wardroom Association, Navy League Sasebo Council, the Officer's Spouse Club, USO and MWR are sponsoring a single/unaccompanied Sailor Party!

When - Thursday, Dec. 23, 6 p.m. - 12 a.m.

Where - Spare Time Bowling Alley

What -

- o Free bowling shoe rental and open free bowling
- o All arcade type game machines will be set on Free Play (with exception of the slots!)
- o Pool tables will be available for no charge
- o The video jukebox will be on free play
- o MWR prepared foods will all be free
- o Sodas all free
- o Great door prizes
- o Other events and activities which a Single Sailor staffed Party Committee will put together to better match the sensibilities of our Single Sailors
- o At the pavilion outside the bowling alley there will be an array of potluck foods, to include turkey, prepared by giving members of our Sasebo community



See you at the party!

Symbol of generosity...



The Christmas tree in the foyer of Sasebo Elementary School is no ordinary tree. First grader Alyssa Alley adds another pair of mittens to the hats, mittens and gloves already given by students and staff. The tree stands as one measure of the generosity shown by the school. Last year, the tree was decorated with 55 pairs of mittens, which were later sent to a children's home. This year the school is hoping to collect even more mittens or gloves, which will be sent to Kobo Cottage in Hayama. If you would like to donate a new pair of mittens or gloves please send them with your student or call 252-3600 for more information. (Released by CFAS Public Affairs)

Sasebo Car Sales Event!

20 Quality used vehicles for sale with limited payment plans available

10% of the proceeds goes to Sasebo's Navy League Council

Branch Medical Clinic Parking Lot

Fri/Sat/Sun 10-12 December

1700-1900 Friday

0900-1900 Saturday

1000-1500 Sunday

Support your Navy League!

A Showboat and Hario Village Theater Cine-Pass could be your ticket to happiness. A Cine-Pass gives the holder head of the line privileges for blockbuster movies, plus a total of eight movies for the price of seven. Cine-Passes are now on sale at the Showboat and Hario Village Theaters. For more information, call 252-3500.



Fleet Gym 252-3588 Hario Gym 252-8691

Seasons beatings: Badgers batter Volunteers, 31-0

JOSN Jeff Johnstone
CFAS Public Affairs

The rout was on at Nimitz Park Wednesday night as the Badgers shut out the Volunteers, 31-0, in intramural youth flag football. The Badgers maintained an undefeated record with a rare mix of quality offense, as well as defense, a mix that would propel the Kansas City Chiefs to the Super Bowl if they possessed it at



Badgers' quarterback drops back to pass during the closing minutes of the Badgers' convincing victory Wednesday night. The Badgers unleashed five touchdown passes during the game. (Official U.S. Navy Photo by JOSN Jeff Johnstone)

the professional level. Jacob Holly led the Badgers' offensive juggernaut with three t o u c h d o w n receptions, and the Badgers defense complimented their scoring machine by preventing the Volunteers from crossing midfield throughout the contest. "No one's scored on us yet," said Michael Duncan, Badgers head coach. "We're offense and defense oriented. No one has scored on us, and we can put up a lot of points," he added.

"We scored 34 points in our last game," said Duncan.



The Badgers head coach, (third from right) offers his players a post game pep talk after their 31-0 victory over the Volunteers Wednesday night at Nimitz Park. The Badgers have been blazing through the season with a powerful offense and defense, which has yet to give up any points. (Official U.S. Navy photo by JOSN Jeff Johnstone)

The Badgers hope to continue their winning ways Friday night at Hario.

Reminder: Harlem Ambassadors visiting Sasebo Dec. 18

As mentioned in the Dec. 4 *Soundings*, the Harlem Ambassadors are coming to Sasebo Dec. 18, and will go head-to-head with the Sasebo Eagles, a squad of Fleet Activities Sasebo's (CFAS) finest players. The Eagles will do their best against the Ambassadors, and are looking for victory. The Ambassadors will hold a Youth Clinic for children 5-18 years of age in the Hario Village Fitness

Center on Saturday, Dec 18 from 9 a.m. - 11:30am. The team will then venture back to the Main Base Fleet Fitness Center to take on the Eagles at 6 p.m. The gates will open at 5pm, and admission is free to all who attend. Seating will be first-come, first-serve, so plan accordingly. All are encouraged to come out and support CFAS' top basketball players!

Fitness Tip: Out with the old, in with the new

Alec Culpepper
Fitness & Aquatics Director

In 1992, the U. S. Department of Agriculture officially released the Food Guide Pyramid. Now the Department of Epidemiology and the Department of Nutrition have teamed up and have developed a new Healthy Eating Pyramid that reflects the latest research on optimal diet. The new pyramid encourages a move away from the "low-fat" mindset that has dominated nutritional advice over the past 15 years and instead focuses on types of fats and carbohydrates and emphasizes whole grains and fiber. Highlights include: Whole grain foods (such as brown rice and whole wheat bread), vegetable oils

(olive and canola) and fruits and vegetables are emphasized. Physical activity and weight control are emphasized. Red meat, butter, sweets and refined grains are de-emphasized and listed as items that should only be eaten sparingly. Protein sources are divided into categories emphasizing nuts and legumes, followed by fish, poultry and eggs. Dairy products are de-emphasized. A daily multivitamin tablet is recommended for most people as insurance and not as a substitute for healthy eating. Why the change. Whole grains keep the body's sugar control system on track because they are digested much more slowly. They also provide more nutrients than refined grains and may offer protection against diabetes, heart disease and certain types of cancer.



FROM THE BENCH

with hosts
**Shaun Ally,
Dennis Lebling and
Dave Glazier**

Thursday mornings 8 - 9 a.m.

Email your comments to
FromTheBench2002@yahoo.com

**1575 AM
THUNDER RADIO**

Winter Flag Football Standings (as of Dec. 7, 2004)				
Rank	Team	Win	Loss	.PCT
1	Dragons	11	0	1.000
2	Hooligans	4	5	0.444
3	Seabees	3	5	0.375
4	Guardian	3	3	0.500
5	Fort Mac	2	6	0.250
6	Wolf Pack	2	3	0.400
7	Hitmen	1	4	0.200

Upcoming Sports

"Long John's Golf Tournament"
Saturday, Dec. 11. First tee time will be at 7:30 a.m.
This brisk of a challenge will be held at Tsukumo Golf Course. Remember to wear your long johns and have a merry good time! Entries are due to the Fleet Fitness Center office by Tuesday, Dec. 7. A \$5.00 registration fee is required upon registration. Format is Singles Handicap (3 club plus a putter). Awards to the top golfer in each flight, along with long drive, close to pin and gorilla contests.

Lifeguard Certification Training
Begins Jan. 17
Open to Active duty and SOFA Personnel at least 15 years of age.
All candidates must be able to swim 500 meters. For more information, contact the Fleet Fitness Center at 252-3588

New Years Resolution 5K Run/3K Walk:
Saturday, Jan. 1
Race starts at 11:30 a.m., in front of the USO in Nimitz Park.
Awards will be given to the top finishers in each division (Youth, & Adult). Fun Run Events are open to runners and walkers of all ages. Pre-register at the Fleet Fitness Center or sign-up prior to event. For more information call the Fleet Fitness Center at 252-3588.